



**NEW JERSEY
SWIMMING**

Athlete Division House of Delegates Report:

Athletes Committee:

- **Gavin Formon (Senior Athlete Representative)**

Convention this year was very different than last years but still very enjoyable. Some highlights were the AEC Leadership Workshop, Eastern Zone Meeting and the House of Delegates. The AEC workshop was very well done and involved a mixture of presentations about how to lead in your LSC and different problems LSCs have faced due to Covid as well as time during the zoom for breakout rooms to talk to fellow athletes and coaches from other LSCs. It was good to talk to other athletes/coaches and hear about things they have struggled with due to Covid and how they have overcome that. Another highlight was the Eastern Zone Meeting. It was pretty quick this year and was comprised mostly of voting in new people to positions like EZ Coach Director and EZ Tech Planning Chair. After last year's slightly contentious meeting, this one was much shorter and pretty standard. Last, the House of Delegates was a good one for legislation. The whole meeting lasted nearly five hours after lots of discussion over many pieces of legislation. Again, this was another great opportunity to see how governance works and hear from many top coaches/athletes in USA Swimming. From Convention, there are two goals I have outlined for this year ahead. One I have placed many athletes on committees so far who are committed and I would like to have them and/or 1 athlete Representative from each club to form a fully functioning athlete committee in compliance with the bylaws. I really like how DE&I has done all these subcommittees and it's definitely something I will strongly consider for our own athlete committee. Another thing the AEC emphasized as important is running a LSC Leadership Summit. Jack Swanson and other AEC members would assist with this summit virtually and would be another way to hopefully create a lasting interest in serving in governance and energizing our athlete base to participate. Overall, many important things occurred this convention and I'm really excited for the year ahead as Senior Athlete Representative.

NJS Athlete Report

House of Delegates Meeting - October 3rd, 2020

Submitted by TJ Walsh, Athlete-At-Large

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This past month, I was privileged to attend my first USA Swimming Convention. Throughout convention, I had the unique opportunity to participate in workshops geared toward engaging athlete representatives. I also attended Zone and National level meetings that gave me a more advanced understanding of how governance works above the LSC level.

Beginning with our Zone meetings, I was able to become better acquainted with many of the other athlete representatives in the Eastern Zone. I also gained an understanding of how Zone athlete elections are conducted. At the Zone Business Meeting, I was able to vote on and listen to important issues facing our Zone and return to competition roadmap. Furthermore, I was able to gain a seat on the Eastern Zone Technical Planning Committee as one of its athlete members.

I also had the opportunity to attend a workshop with my fellow NJ Athlete Representatives, our General Chair, Tristan Formon, and some of our New York Athlete and General Chair LSC counterparts. In this particular workshop, we discussed ideas about how our similar LSCs could overcome adversity in our continued return to indoor developmental water in a safe and coordinated fashion.

Finally, I had the privilege to attend the National House of Delegates and learned how critical legislation is passed, debated and voted on. The legislation during this meeting affects every level of USA Swimming from US Open meets to Sectional/Zone Development and even has a direct impact on USA Swimming clubs. Learning about this process and witnessing it firsthand was such a worthwhile experience.

I thoroughly appreciated the opportunity to attend this virtual convention and hope that I will be able to attend next year in person.

Records/Top Ten Committee:

No report.